

Introduction to Somatic Psychotherapy

Program Description

For far too long, prioritizing cognition has been an implicit bias in our world and in psychotherapy. The risk of further disembodiment increases when we rely on maladaptive attempts to manage the overwhelming social and environmental stressors of today's world. To take a more holistic approach with our clients, one that welcomes curiosity about the inherent wisdom of the body, this workshop will explore how incorporating aspects of polyvagal theory, along with somatic awareness and resourcing can guide our clients towards greater embodiment and experiences of safety and choice.

Learning Objectives

1. Describe the three organizing principles of a polyvagal approach to therapy.
2. Discuss the window of tolerance and its relevance to somatic therapy.
3. Name five components of the BASIC framework for expanding nervous system regulation skills.
4. Identify four BASIC practices you can use with clients for nervous system regulation.
5. List at least 4 types of resources, identifying both internal & external resources for each type.

Target Audience

This program will be beneficial for health and mental health practitioners.

Contact Hours

4.0 contact hours

Program Agenda – (two 15-minute breaks or 30-minute lunch)

9:00 AM	Program
10:30 AM	Break
10:45 AM	Program
12:00 NOON	Break
12:15 PM	Program
1:30 PM	Adjourn

Faculty

Kate Gotelli, LCSW, SEP, provides psychotherapy to individual adults and couples in her solo practice, Mindful Awakening, PLLC in Chapel Hill, NC. She is a Somatic Experiencing® Practitioner, a Certified EMDR Therapist, a Certified Daring Way™ Facilitator, a Clinical Sexologist and Certified Sex Coach with over 25 years of clinical experience in behavioral healthcare services in a variety of settings. Kate specializes in psychotherapy focused on trauma resolution, shame resilience, wholehearted living and embodied sex and relationships. She runs weekly Daring Way™ and Rising Strong™ groups based on the research of Brené Brown. She provides clinical case consultation with other mental health clinicians and has prior affiliations with UNC School of Social Work (SSW) as an adjunct instructor, field instructor, and training consultant for the SSW and Area Health Education Centers (AHEC) centers.